Exothermic reactions are accompanied by the evolution of heat

Exothermic reactions have a negative ΔH value

In exothermic reactions HP is less than HR

Two examples of exothermic reaction are:

Endothermic reactions are accompanied by the absorption of heat

Endothermic reactions have a positive ΔH value

In endothermic reactions HP is greater than HR

Two examples of endothermic reaction are: